KOREAN · DINNER

Easy Grilled Bulgogi

45 min · Serves 4 · 259 kcal a serve · Video 11:37 · Maangchi

No dairy listed · No nuts listed

Lean beef tenderloin cooked quickly on a grill rather than fried: about 27 g of protein a serve, rich in selenium, zinc and B12. The marinade has 2 tablespoons of sugar for four people (about 6 g a serve), and lettuce wraps add fresh greens.

Diet notes: Gluten-free with a swap: Use tamari in place of soy sauce to keep it gluten-free.

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Ingredients 10 · SERVES 4

- [ ] 1 pound **beef tenderloin** (filet mignon), sliced very thinly
- [ ] 4 **garlic** cloves, minced
- [ ] 2 **green onions**, chopped
- [ ] 2 Tbsp **soy sauce**
- [ ] 2 Tbsp **sugar** (white or brown)
- [ ] 3 Tbsp **water**
- [ ] 1 Tbsp **toasted sesame oil**
- [ ] ½ tsp **ground black pepper**
- [ ] 1 Tbsp **toasted sesame seeds**, coarsely crushed
- [ ] **lettuce leaves**, to wrap and serve (optional)

Allergens found in the listed ingredients: Gluten, Sesame, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Firm the beef in the freezer for about 1½ hours so you can slice it paper-thin across the grain (or buy pre-sliced bulgogi beef). 4:31
2. Mince the garlic and chop the green onions. Combine them with the soy sauce, sugar, water, sesame oil, black pepper and the crushed sesame seeds, stirring until the sugar dissolves. 0:55
3. Add the sliced beef and mix well with your hands so every slice is coated. Refrigerate for 30 minutes while you cook rice and set out lettuce, kimchi and ssamjang. 5:01
4. Cook in a very hot skillet over high heat, turning until just cooked through, or in a grill basket over a medium flame, turning often so it cooks evenly without burning, about 3–4 minutes. 6:07
5. Serve with rice and lettuce leaves for wrapping, with kimchi or perilla leaves on the side. 10:04

> **Tip** Time assumes pre-sliced beef; add 1½ hours of freezing if you slice it yourself. Sirloin or skirt steak work too, honey or rice syrup can replace the sugar, and the marinade suits mixed mushrooms.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
259 kcal	26 g	9.7 g	1.3 g	13 g	500 mg
1,080 kJ	53% of a day	8.4 g net · 6.6 g sugars	5% of a day	3.8 g saturated	22% of a day
		4% of a day		16% of a day	

Energy from net carbs 13% · protein 41% · fat 46% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 52% · Vitamin B12 50% · Zinc 42% · Vitamin K 40% · Vitamin B6 36%

Source of (10–19%) Iron 15% · Vitamin A 15% · Folate 14% · Magnesium 10%

Recipe and video: Maangchi (@Maangchi) on YouTube — youtube.com/watch?v=srHw4xQj1I0, published 13 August 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/easy-bulgogi